

Family & Consumer Sciences

WELCOME TO JUNE – THE MONTH WITH “THE LONGEST DAY OF THE YEAR”!

It hardly seems possible that June is upon us. School is out, children are filling their days with activities, families continue to juggle schedules, daylight is with us longer, gardens are showing promise, and we have opportunities to learn and explore.

Our Florence location Open House, on May 17, 2025 was a great success. Hundreds explored our facility which features meeting room spaces, a cooking lab, and offices for Extension personnel from University of Kentucky and Kentucky State University. We are building our program offerings as we continue to fine tune the facility.

We've been offering some “urban-focused” programs. One coming up that might be of interest: **“A Peaceful Life: Coexisting with Wildlife”**, on Friday, June 6 at 4:00 p.m. Are coyotes aggressive? Will a skunk give me rabies? Wondering about urban wildlife? This informative, after-work session will explore common questions and clear up myths about the animals living around us. You'll gain practical tips on how to safely and respectfully coexist with wildlife in both urban and suburban settings. Another program focusing on our slithering friend, the snake, is scheduled for the afternoon of July 8, 2025. Call the office (859) 586-6101 to register for any or all of our programs.

This summer we have food preservation programs scheduled. Learn to safely can, freeze, and dehydrate foods for later use. Daytime and evening programs are offered. See our schedule of upcoming programs in this newsletter for information. Registration is required.

Get out and celebrate the “longest day of the year” on June 20! We'll have more sunshine hours on that day as the summer solstice occurs. Walk, run, bike, hike, garden, have a picnic – whatever you choose to do, enjoy!

Wishing you all the best,
Diane Mason, County Extension Agent for Family and Consumer Sciences



Florence Open House: Guest visiting some of the vendor booths



Florence Open House: Master Clothing Volunteer tables



Florence Open House: Ribbon Cutting

SPRING HARVEST SALAD

Yield: 8, 1 cup servings

Ingredients

5 cups torn spring leaf lettuce
2½ cups spinach leaves
1½ cups sliced strawberries
1 cup fresh blueberries
½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice
2½ tablespoons olive oil
1 tablespoon balsamic vinegar
1½ teaspoons Dijon mustard
2 teaspoons honey
½ teaspoon salt
¼ cup feta cheese crumbles
½ cup unsalted sliced almonds

Directions

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately. This salad does not store well after the dressing is added. If desired, store the salad and dressing separately, and combine just before serving.

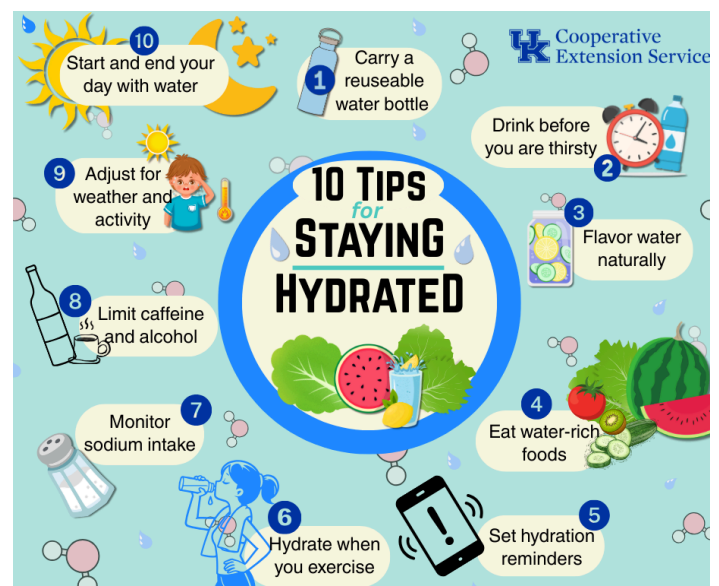
Nutritional Analysis per 1/2 cup serving: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C

Source: Plate it up Kentucky Proud



SIZZLE INTO SUMMER!

Summer days are upon us, bringing sunshine, longer daylight, and plenty of outdoor fun! As you enjoy all the season has to offer, don't forget the Boone County Fair is happening June 23–28, 2025. Mark your calendars and visit boonecountyfair.org for details! Whether you're just soaking up the summer vibes or headed to the fair, be sure to stay hydrated and take care in the heat.



EATING FOR EYE HEALTH

While we can't reverse damage to our eyes, there are steps we can take to help prevent eye problems from getting worse or starting in the first place. One of these things is eating a balanced diet that includes a variety of fruits and vegetables. This can help protect our vision and keep our bodies healthy.

Certain nutrients are good for eye health. These include vitamins A, C, and E, omega-3 fatty acids, and phytonutrients like carotenoids. Food sources of these nutrients include:

- Vitamin A: yellow and orange fruits and vegetables (carrots, mango, sweet potatoes), dark green leafy vegetables, fish, and milk.
- Vitamin C: dark green and yellow vegetables, citrus fruits (oranges, grapefruits), and bell peppers.
- Vitamin E: vegetable oils, whole grains, almonds, and almond milk.
- Carotenoids: These are compounds that help give fruits and vegetables their bright colors. Some carotenoids that are good for eyes include beta-carotene, lutein, and zeaxanthin.
 - Beta-carotene: yellow and orange fruits and vegetables (pumpkins, winter squash, papaya and those listed above for vitamin A)
 - Lutein and zeaxanthin: green vegetables (broccoli, Brussels sprouts, collard greens, spinach), corn, winter squash, eggs
 - Omega-3 fatty acids: fish (salmon, sardines, tuna), walnuts, and canola oil

These nutrients aren't the only ones that can help keep your eyes and body healthy. Many other nutrients, like antioxidants, protect your cells from damage. This helps keep all parts of your body, including your eyes, in good shape.

In addition to eating a balanced diet, there are other things that can help keep your eyes healthy. These include wearing eye protection when working with tools and equipment, wearing effective sunglasses, regular physical activity, and avoiding unhealthy habits, like smoking or drinking too much alcohol.

While you find supplements with some of these nutrients in stores, it's best to get them from food. The nutrients in food work better when they are combined with other parts of the food, like fiber, fat, and other vitamins and minerals. So, while the supplement may contain direct nutrients, it may not be used as efficiently in the body. Envision how some of these foods can fit into your diet to support eye health!



References: Roberta Larson Duyff, & And, N. (2017). *Academy of Nutrition and Dietetics complete food and nutrition guide*. Houghton Mifflin Harcourt; *Diet and Nutrition*. (2013, May 24). *American Academy of Ophthalmology*. <https://www.aao.org/eye-health/tips-prevention/diet-nutrition>

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

UPCOMING EVENTS

Register for any or all programs by calling 859.586.6101 or visiting boone.ca.uky.edu/online-registration

6/6/2025

A PEACEFUL LIFE: COEXISTING WITH WILDLIFE

4:00pm — Florence Location

Are coyotes aggressive? Will a skunk give me rabies? Wondering about urban wildlife? This informative, after-work session will explore common questions and clear up myths about the animals living around us. You'll gain practical tips on how to safely and respectfully coexist with wildlife in both urban and suburban settings.

6/23-28/2025

BOONE COUNTY FAIR

5819 Idlewild Road, Burlington, KY 41005.

Visit boonecountyfair.org for details.

7/14/2025

HOOK and COOK

10:00am — Enrichment Center

This course will teach you the basics of catching and cleaning fish. Whether you are an experienced angler or a first-time fisherman, this course will teach you the skills and knowledge you need to get started in fishing.

Program covers basic concepts including fish identification, fish habitat, equipment, conservation, licensing/regulations, casting techniques, safety, when to fish, fish filleting techniques and recipes

You must register on the KYFWR Website:

<https://app.fw.ky.gov/Calendar/Detail.aspx?ID=69400>

Food Preservation Programs- Be sure to take note of the program's location. Also, please keep in mind that food preservation classes tend to fill up quickly because of limited class sizes.

FREEZING AND DEHYDRATING FOODS

(demonstration and discussion only)

• **7/10/2025**

6 - 8pm — Florence Location

OR

• **7/11/2025**

10am - 12pm — Enrichment Center - Upper Level

HANDS-ON FOOD PRESERVATION for ADULTS

Learn about the processes and equipment and supplies needed for the specific canning method and the types of foods that can be preserved with each method in these hands-on sessions.

• **8/6/2025**

9am - 3:30pm — Pendleton County Cooperative Extension. (45 David Pribble Way, Falmouth, KY.)
To register, call (859) 654-3395

OR

• **8/9/2025**

9am - 3:30pm — Enrichment Center - Upper Level

8/12/2025

HANDS-ON WATER BATH CANNING

12 - 3:30pm — Florence Location

This class will cover the same water bath canning information as the sessions on 8/6 or 8/9.

The registration deadline is 8/6/2025.

8/13/2025

HANDS-ON PRESSURE CANNING

12 - 3:30pm — Florence Location

This class will cover the same pressure canning information as the sessions on 8/6 or 8/9.

The registration deadline is 8/6/2025.

For more information or if you have questions, please reach out!

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BooneKYFCS



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